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THE IMPORTANCE OF GETTING GROUNDED

by Jeff Robertson

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During my first TMI programs a number of years ago, I suffered and struggled with getting “out there” and with what is sometimes referred to as “tape envy.” Why didn’t I have experiences like the others? Why couldn’t I control “clicking out” and falling asleep? After lots of reflection, I’ve decided that a partial explanation may lie in the domain of energy management. Well, of course, “Energy is the key to everything,” you may be thinking. The real question is this: What do you know about the interrelationship between muscle fitness, bringing in prana, chi, or energy, and your ability to ground and move, as well as control, your energy? It’s a Big Question with multiple parts.

As for me, I was unaware of my inability to consciously ground and thereby draw upon the available energy sources. It was a basic step, but I overlooked it nonetheless. I had to be grounded! After all, I built houses with basements. How much more grounded did one get, short of mining? I failed to understand how rapidly I could become ungrounded during tapes. Things seemed the same. My brain said, “You’re fine and grounded,” when I counted back down at the end of the tapes. In fact, according to my brain I was too grounded to let go and have the experiences I was after. That might have been true in the very beginning. It was also true that wanting certain experiences rather than being with what was happening hindered me. Fear was another block, although my brain insisted that I wasn’t afraid. Since then I have spent time with healers and energy workers. The good ones always begin by stressing the importance of being grounded. And I have finally learned how to ground myself and begun to understand the subtleties of being ungrounded. My present knowledge includes identifying barriers to grounding fully and expanding my ability to run or contain more energy.

Whether your teacher is Rosalyn Bruyere, Barbara Brennan, Michael Jaffe, or Michael Mamas, you will find that each one stresses the fundamental relationship between body, grounding, energy, and one’s ability to connect with higher consciousness. These experts in different ways and modalities are all pointing to the essence of the TMI experience: discovering our limitless capabilities and how much more we are than just bodies with a brain. My lack of grounding robbed me of the requisite energy to embrace all that the tapes and programs offered. That they worked as well as they did is a testimonial to their own power and efficacy. I was like a swimmer in the deep end of the pool, trying to leap out of the water and catch

objects being thrown over my head. There was a lot of splashing, some catches, and a “whole lotta efforting” going on. Grounding was like moving into the shallow end of the pool and having a place to stand and to shove off from. I could leap out of the water and catch the passes. The difference was like day and night.

Exercise is one of the best and fastest ways to ground. The exercise program at TMI is more vital than I ever realized. Now, new, incredibly helpful exercises are available to support the removal of energetic blocks. Those few who doubt that energy moves through chakras or energy centers within the body and can be blocked by stress, trauma, and emotional upset should think again. Formal research is now proving what has long been known outside of the scientific community. In my ignorance I had avoided the morning exercise program, walking, and other physical activities suggested by the trainers. I reasoned that I was in good enough shape, needed more sleep, and wanted to stay in the energy of the tapes. That decision kept me floundering in the deep end of the pool when the solution to my dilemma was simple and close at hand.

As I have educated myself about grounding, shifting energy blocks, and bringing in energy, my tape experiences have deepened and come with increasing ease. Learning that all sorts of past experiences are stored in the physical body and the energetic field was step one. Learning that exercise and getting in shape helped to ground me increased my energy, and releasing systemic energy blocks allowed another quantum leap. Learning a variety of techniques to ground and draw in new energy was also critical. The other component of this work led me to identify precisely where I am blocked energetically. I came full circle when I realized that such blocks manifest physically as myriad disease forms.

So here's my tip for maximizing your TMI experience: Take advantage of the exercise program. It will get you into the shallow end where you can really leap for those experiences you are ready to embrace. Swim, walk, commune with nature, and ground yourself fully and frequently. Ask your trainers' opinion of whether you are in your body, despite what you may think. Notice the energy in the group circles and chants and learn how to develop that same level of energy on your own. Don't take my word for any of this. As Bob Monroe would say, “Find out for yourself.”